



Toddlers and parents enjoy Winterlude while playing with colourful ice blocks in Confederation Park.

SEAN MCKIBBON/METRO

Lots of Family Day fun to be had across the city on Monday

Get outside! Still haven't figured out what to do on Feb. 18? Look no further



GRAHAM LANKTREE
graham.lanktree@metronews.ca

Family Day, for many, is a mini-vacation island between Christmas and the arrival of spring. Rather than brainstorming for hours on how to make the most of the holiday with your loved ones, check out our rundown of exciting family-friendly events around town.

Winterlude 2013:

The Snowflake Kingdom in Jacques-Cartier Park is sure to delight little ones and adults alike with its ice slides and playground of snow. The final weekend of Winterlude is the best time to check it out, be-

cause when it's gone, it won't be back for another year. Plenty of events are planned, including Winterbrewed, a craft-beer event on Sparks Street on Saturday and Sunday.

Backyard Sugar Makers' Workshop:

Maple sap is flowing from the trees once again and the season kicks off at Fulton's Pancake House & Sugar Bush in Lanark County. Families can learn how to tap their own backyard maple trees in hands-on workshops on Feb. 17 and 18, and discover how to turn that sap into syrup. Tickets are \$20 per family and include a take-home kit for tapping.

Sanctuary Song and NAC Family Day events:

The true story of the 22-year friendship between Sydney the Asian elephant and her compassionate zookeeper gets an operatic treatment aimed at youngsters in Sanctuary Song on Feb. 16 and 18. Tickets start

at \$18. The theatre also invites families to fill their lobby on Family Day for a host of interactive activities including stories, games, displays and special workshops.

Chew Wisely:

Healthy eating and physical activity step into the spotlight at the Canada Agriculture Museum with free workshops and a fresh-air experience to awaken their senses. The museum's live pigs, chickens, rabbits, horses and dairy and beef cows are tried-and-true delights for kids once they've gotten a dose of the outdoors. Entry is by donation and activities start on Feb. 18 at 10 a.m. in English and 1 p.m. in French.

Disney on Ice:

From Brave to Snow White, all of your child's favourite Disney characters are brought to life on the ice of Scotiabank Place from Feb. 15 to 20. Disney on Ice tickets start at \$15 and up, including a \$99 family pack.

Advertisement

Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize

carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.



GLUTEN FREE, NON-GMO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MOT. Available at these fine retailers and health food stores near you:



For retailer inquiries, please call True North Nutrition directly at toll free 1-800-261-4223.



Nutrition House St. Laurent
Nutrition House Rideau Center

